

DISTRICT 8 4-H FOOD CHALLENGE



1. Welcome to the 4-H Food Challenge!
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be directed to a cooking/preparation station.
4. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, or Healthy Desserts. Key ingredient examples: Appetizer (chickpeas), Main Dish (fish), Side Dish (fennel), or Healthy Dessert (Apples). Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Grocery store items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc. Teams must select & use at least two additional items from the grocery store and will be provided the maximum number of items they can select during orientation. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides.

Teams should not create side or multiple dishes with their ingredients/grocery store items.

- a. Teams are challenged to be creative and developing an original recipe with the ingredients provided.
- b. Teams will determine the exact amount of each ingredient used based on their original recipe.
- c. The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.
- d. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis.

Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

7. Food and Equipment Safety: A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest. Gloves: Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A

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barrier includes gloves and/or cooking utensil. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination.

- Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.
- Supply Boxes: Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.

8. Nutrition: Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.

9. Cost analysis: Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.

10. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.

- To earn maximum points, teams must use these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
- At the end of 5 minutes, time will be called – additional time will not be allowed.
- Judges will be allowed 3 minutes to ask questions; however, judges will not ask questions related to what teams should have covered during the presentation. Judges' questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.

11. Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

12. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.

13. Ingredients may have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it in the grocery store table area if available. Teams may not take the original food package from the table.

14. All fresh produce (fruits and vegetables) has been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.

15. Water jugs will be located throughout the room if needed for food preparation.

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16. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
17. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!
18. After the 40-minute preparation time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
19. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
20. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
21. If you need to use the restroom, please let your group leader know.
22. After your team presentation, please walk back to your assigned seating area **QUIETLY** and place your dish on your table.
23. After your team presentation, you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave – taking your supply box with you! All dishes should be disposed of before you leave contest area.
24. If you have any questions, please ask your group leader.
25. Good Luck!!!